

ANIMAL AEROBICS

PowerUp your body while having fun doing these wild animal aerobics! They are even more fun to do outside at a park or when hiking on a trail.



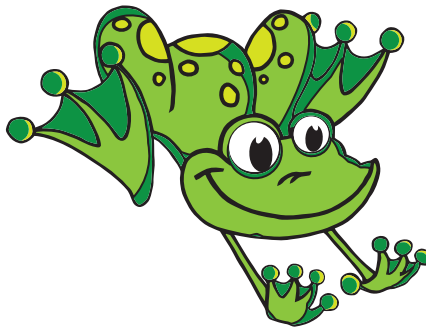
EAGLE EYE FLY

Stretch your arms out like eagle wings and pretend to fly



RED FOX POUNCE

Jump straight up 10 times



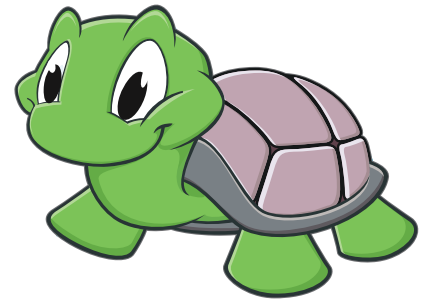
LEOPARD FROG LEAP

Hop like a frog 10 times



CRAYFISH CRUNCH

Do 10 sit-ups



WOOD TURTLE STOMP

Stomp your feet 10 times